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1. A method for steam reforming of a hydrocarbon having the steps of flowing a mixture of steam and said hydrocarbon past a supported catalyst having a support and a catalyst metal thereon, and reacting said mixture at a temperature from about 600 °C to about 1000 °C forming at least one product; wherein the improvement comprises:

said support is a spinel support; and

said flowing is at a rate providing a residence time less than about 0.1 sec and obtaining said forming the same or greater compared to said forming at a longer residence time.

- 2. The method as recited in claim 1, wherein said mixture has a steam to carbon ratio less than 2.5, said improvement maintaining activity of said supported catalyst beyond 6 hours.
- 3. The method as recited in claim 1, wherein said spinel support controls acidity of said supported catalyst.
- 4. A method for steam reforming of a hydrocarbon having the steps of flowing a mixture of steam and said hydrocarbon having a steam to carbon ratio that is substantially stoichiometric past a supported catalyst having a support and a catalyst metal thereon, and reacting said mixture at a temperature from about 600 °C to about 1000 °C forming at least one product and degrading catalytic activity of said supported catalyst; wherein the improvement comprises:

said support is a spinel support; and

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said flowing is at a rate providing a residence time less than about 0.1 sec and maintaining activity of said supported catalyst for said steam to carbon ratio less than 2.5.

- 5. The method as recited in claim 4, wherein said support is spinel that controls acidity of said supported catalyst.
  - 6. The method as recited in claim 4, wherein said steam to carbon ratio is greater than about 0.9 and less than about 2.5.
  - 7. The method as recited in claim 4, wherein said supported catalyst is on a porous substrate.
- 8. A catalyst structure for steam reforming of a hydrocarbon, comprising:
- (a) a first porous structure with a first pore surface area and a first pore size of at least about 0.1  $\mu m$ ;
  - (b) a buffer layer upon said first pore surface area;
- (c) a porous interfacial layer that is a spinel with a second pore surface area and a second pore size less than said first pore size, said porous interfacial layer having a thickness less than 4 mm placed upon said buffer layer;
- (d) a steam reforming catalyst selected from the group consisting of rhodium, iridium, nickel, palladium, platinum, carbide of group IVb and combinations thereof placed upon said second pore surface area.
- 9. The catalyst structure as recited in claim 8, wherein said carbide is selected from the group of tungsten carbide, molybdenum carbide and combinations thereof.

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